

### ABSTRACT

A bone plate includes an upper surface, a bone-contacting surface, and a plurality of holes extending through the upper and bone-contacting surfaces for receiving bone screws. At least one of the holes includes a protrusion disposed on the bone-contacting surface and at least partially surrounding the hole. The bone plate may define a nominal plate thickness in regions between holes, and the protrusion may define an increased plate thickness that is greater than the nominal plate thickness. A bone plate system including a plurality of bone screws is also disclosed.